

Abstract

Footwear comprising a sole. The sole has a heel section for supporting a heel of the foot. The heel section has medial and lateral regions. At least a portion of the lateral region has a first compressive resilience for attenuating the shock of impact to the wearer during running and walking. Further, the sole has an arch section forward of the heel section for supporting an arch of the foot. The arch section also has medial and lateral regions. At least a portion of the lateral region of the arch section has the first compressive resilience and at least a portion of the medial region of the arch section has a second compressive resilience harder than the first compressive resilience for providing firm support for the foot during running and walking. In addition, the sole has a forefoot section forward of the arch section for supporting a ball of the foot including first, second, third, fourth and fifth metatarsal heads and associated metatarsal necks, proximal phalanges and metatarsal phalangeal joints. The forefoot section has a first region for supporting the first, second, third, fourth and fifth metatarsal heads, associated phalanges and metatarsal phalangeal joints, and the metatarsal neck associated with the fifth metatarsal head and a second region for supporting at least one of the metatarsal necks associated with the second and third metatarsal heads. The first region of the forefoot section has the first compressive resilience and the second region of the forefoot section has the second compressive resilience.

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